CONTEST RULES
OF
THE KODOKAN JUDO

(Recognized Officially by the All-Japan Judo Federation)
Revised March 26, 1951
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CONTEST AREA

Article 1. The Contest Area shall, as a rule, be a square platform, 30 feet (approximately 9.09 meters) in length and width, raised to such a height as conditions (note) require, and covered with 50 pieces of "Tatami". (See Appendix A for "Tatami") To prevent injuries and other dangers, the area around the perimeter of the Contest Area, shall further be bordered by either "Tatami" or mats for a width of 6 feet (approximately 1.82 meters) and lowered by 6 inches from the said platform.

If and when, for lack of space or other circumstances, sufficient area cannot be provided, the conditions prescribed in the preceding paragraph may not necessarily be followed strictly. However, the demarcation line between the Contest Area and the area around the perimeter must be marked distinctly. It is permissible to substitute canvas or vinyl matting or the like for "Tatami-omote" or rush matting.

Note: Governing conditions will depend upon size and scope of the contests, number of spectators, arrangement of seating, etc.

COSTUME

Article 2. The contestants shall wear "Judo-gi" or Judo Costume. (See Appendix B for "Judo-gi") Both contestants shall, as a rule, wear a red or white cord or strap respectively, as their own signs, tied over around their regulation belts.
The Judo-gi to be worn by the contestant shall comply with the following conditions:

(a) The jacket shall be long enough to cover the hips, when tied at the waist by a belt or sash;
(b) The sleeves shall be loose, (there must be an opening or play of at least more than one and a quarter inches (approximately 3 centimeters) between the cuff and forearm) and shall extend more than half way down the forearms;
(c) The trousers shall be loose, (there must be an opening or play of at least more than one and a quarter inches (approximately 3 centimeters) between the bottom of the trousers and the leg) and shall reach more than half way down the legs;
(d) The belt or sash must be tied properly with a square knot, tight enough to prevent the jacket from coming loose, and must be long enough to go twice around the body with its two ends left free at least 6 inches (approximately 15 centimeters) from the knot when tied.

Article 3. The contestants must keep their finger and toe nails cut short; and must not wear any articles, such as rings, ornaments, etc., liable to cause injury to the opponent.

CONTEST

Article 4. The contestants shall stand approximately twelve feet (approximately 3.64 meters) apart, at the center of the Contest Area, facing each other, and exchange a salute by bowing to each other simultaneously. After finishing the salutation, the contest shall be started immediately upon the announcement of “Hajime” (“Start” or “Go”) by the Referee.

As a rule, the salutation for the contest shall be made in standing posture; however, the salutation in formal Japanese kneeling posture may be used instead. In the latter case, the contestants shall finish the salutation, stand up facing each other, and then the contest shall be started immediately at the announcement of “Hajime” by the Referee.

Article 5. When a contest come to an end, the contestants shall return to the position originally taken at the start of the contest, facing each other and, following the indication or declaration by the Referee, the contestants shall make the standing or kneeling salutation simultaneously.

Article 6. The result of a contest shall be judged on the basis of “Nage-waza” (Art of Throwing or Throwing Techniques) and “Katame-waza” (Art of Grappling or Grappling Techniques).

Article 7. The result of a contest shall be decided on the basis of not more than “Ippon” (one point).

Article 8. The contest shall be started with both contestants in standing posture.

Article 9. In the following cases, a contestant may shift into techniques in a lying position. However, if any technique applied is not continued properly, the Referee may, at his discretion, make the contestants stand up.

(a) When a contestant, after obtaining some result by his throwing techniques, shifts without interruption into techniques in a lying position and takes the offensive;
(b) When a contestant falls while applying a throwing technique against his opponent; or when a contestant takes the offensive when his opponent falls down;
(c) When a contestant, after obtaining, in a standing position, some result by “Shime-waza” (strangling technique) or “Kansetsu-waza” (banelocks), shifts without interruption into techniques in a lying position and takes the offensive.

Article 10. The time limit for a contest shall be from 3 to 20 minutes and such limit shall be fixed beforehand.
However, the above limit may be extended, in certain special cases.

**Article 11.** When the time allotted for the contest is expired, the Referee shall be notified by the ringing of a bell or some other means.

**Article 12.** Any technique applied simultaneously with the signal notifying expiration of the time limit shall be judged as valid. In the case of an “Osakomi” (holding) officially announced, the time limit shall be extended until the “Osakomi” is completed or broken.

**Article 13.** Any technique applied when one or both of the contestants are outside of the Contest Area, shall be judged as null and void.

**Article 14.** When a throwing technique is successful, and, at the moment, the contestant applying the technique stays within the Contest Area, and more than half of the body of his opponent remains within the Contest Area, the technique shall be judged as valid.

**Article 15.** If an “Osakomi” (holding) is officially announced and the contestants are judged as getting outside of the Contest Area, the Referee shall announce “Sono-mama” (“Do not move”), or “No movement”) to the contestants, order them to remain motionless, pull them well within the perimeter of the Contest Area with their relative positions unaltered, and make them continue the contest by announcing “Yoshi” (“Go” or “All right”). In this case the time between the announcements of “Sono-mama” and “Yoshi” shall be taken out from the time required for completing the “Osakomi” (holding).

**JUDGMENT OF CONTEST**

**Article 16.** The Referee shall have the sole responsibility for the conduct of the bout. His decisions shall be final and without appeal.

**Article 17.** As a rule, there shall be one Referee and two Judges. However, depending upon the scope and nature of the contest, there may be only one Referee. Also the employment of one Referee and one Judge is permissible.

**Article 18.** The Referee shall stay inside of the Contest Area, and administer the progress and the judgment of the contest.

**Article 19.** The Judges shall assist the Referee. The two Judges shall take positions at opposite corners and outside of the Contest Area and shall not encroach upon the Contest Area.

**Article 20.** The Referee shall start the contest by announcing “Hajime” (“Start” or “Go”), after the contestants have finished their salutation.

**Article 21.** If a contestant wins a contest by a throwing or grappling technique, the Referee shall announce “Ippon” or “One Point”, stop the contest, make both contestants return to the position originally taken at the start of the contest, and indicate the winner by raising his hand towards him.

**Article 22.** If a contestant scores a “Waza-ari” or “Half Point”, the Referee shall announce “Waza-ari”. Should the same contestant gain a second “Waza-ari”, the Referee shall announce “Waza-ari, Awasete Ippon” or “One Point by Two Techniques”, stop the contest, make both contestants return to the positions originally taken by them at the start of the contest, and indicate the winner by raising his hand towards him.

**Article 23.** When the Referee judges that a contestant secures a complete hold by “Osakomi-waza” (holding technique), he shall announce “Osakomi” (holding). When the hold is broken after it was announced as “Osakomi”, the Referee shall announce “Osakomi Toketa” or “Hold Broken”.

**Article 24.** If a Judge takes an exception to the announcement of the Referee, the Judge shall submit his opinion to the Referee. In this case, the Referee may rescind the announcement made by himself, and adopt the opinion of
the Judge. However, this last decision of the Referee, as indicated to or declared on the contestant, shall be final.

Article 25. When the time limit expires without the contest having been decided with “Ippon” (one point), the Referee shall announce “Sore-made” or “That is all”, stop the contest, and make both contestants return to the position originally taken at the start of the contest. Then the Referee shall take the position which he had originally taken at the start of the contest and raise his hand high, calling “Hantei” or “Judgment” towards the two Judges. At this signal the two Judges shall manifest their judgement by hoisting the red or white signs simultaneously. In the case of “Hikiwake” or “Draw”, both the red and white signs shall be hoisted at the same time.

Article 26. The Referee shall add his own opinion to those of the two Judges, regarding the superiority or inferiority or draw, make a decision upon it by the majority opinions of the three officials, and indicate or declare the “Yusei-gachi” or “Win by Superiority”, or “Draw”. In case the opinions of the three officials differ, the judgment of the Referee shall prevail.

When a Referee and one Judge are used, the Referee shall take the opinion of the Judge into consideration and indicate or declare the decision of “Yusei-gachi” (win by superiority) or “Hikiwake” (draw).

Article 27. In the following cases, the Referee shall announce “Mate” or “Wait”, and halt the contest temporarily. To resume the contest, he shall announce “Hajime” (start or go). In this case, if it is specifically announced as “Jikan” or “Time”, the time passed shall be taken out from the time limit of the contest.

(a) When a contestant goes out of the Contest Area, or is about to go outside of it;
(b) When a contestant commits any prohibited acts;
(c) When a contestant is injured, or some accident or difficulty takes place;
(d) When a contestant is required to adjust his costume;
(e) When in lying position the contest comes to a standstill, with the contestants clinging together in “Ashi-garami” (a leg of a contestant coiled against a leg of the opponent) or in other such positions;
(f) In cases other than those mentioned above, when deemed necessary by the Referee.

Article 27-2. The Referee shall, when he has decided the result of the contest by “Hansoku” or “Violation of Rules”, “Fusen” or “Default of the Opponent”, injury or other reasons, indicate the winner. In the case of “Hikiwake” (draw), he shall declare to the same effect to the contestants.

**PROHIBITED ACTS**

Article 28. Concerning the contestant’s techniques and actions, the following things shall be prohibited:

(a) When a contestant is attacked by his opponent with “Harai-goshi” (Sweeping Hip or Loin) or the like, to sweep from inside the leg with which his opponent is supporting his weight;
(b) To apply “Kawazu-gake” to the opponent;
(c) “Do-jime” (Squeezing Abdomen), or squeezing the head or neck directly with the legs (Scissors);
(d) Applying “Kansetsu-waza” (Bonelocks) on joints other than the elbow;
(e) To apply any hold or lock which is liable to injure the vertebrae of the opponent;
(f) When a contestant lifts his opponent who is lying with his back on the mat, to drop him onto the mat;
(g) When the opponent clings fast to a contestant from behind, for the contestant thus caught to hold his opponent to him and to purposely throw himself backwards;
(h) To release the opponent's hand or hands grasping a contestant's costume by "kicking" or "wrenching" with the knee or foot or any other part of the leg;
(i) Deliberately avoiding contact or holds with the opponent in order to prevent action in the contest;
(j) To deliberately go outside of the Contest Area or to push the opponent outside of it meaninglessly;
(k) To adopt a purely defensive posture in order to avoid defeat, (crouching, retreating, etc.);
(l) To continually adopt a stance holding the lapel and sleeve on the same side of the opponent's jacket, or a stance holding the belt of the opponent with a rigid stretched arm;
(m) To grip the opponent's end of the sleeves or bottom of the trousers by inserting finger or fingers in them;
(n) For both contestants to continue in standing position with their fingers of both hands interlocked;
(o) To untie and tie again the belt arbitrarily, without the Referee's permission;
(p) Dragging an opponent into techniques in a lying position without attempting a definite technique from the standing position;
(q) To grab the opponent's leg from a standing position in order to shift into technique in a lying position;
(r) To apply techniques by binding any part of the opponent's body with the end of the belt or the bottom of the jacket;
(s) To hold the opponent's costume in the mouth or to put one's foot or hand directly on the face of the opponent;
(t) In "Katame-waza" (grappling techniques), to put a foot or both feet on the belt or the flap or lapel of the jacket of the opponent, or to take the hand grip of the opponent off bending his fingers in the wrong way;
(u) When a contestant is lying with his back on the floor, and his opponent is standing on his feet or kneeling on his knee or knees, in a position able to lift the lying contestant, for the lying contestant to strangle the neck of the standing contestant or to apply "Kansetsu-waza" (bonelocks) against him by scissoring aslant both the neck and armpit with his legs;
(v) To make meaningless cries, remarks or gestures derogatory to the opponent;
(w) Any act which is liable to cause danger to the person of the opponent, other than specified above, and all other acts which might be prejudicial to the spirit of Judo.

Any contestant shall constitute a "Violation of Rules", if and when he violates any one of the items ((a)–(w)) of the preceding paragraph of this Article.

Article 28-2. The Referee shall notice the contestant if and when he violates any one of the prohibited acts provided in the preceding Article. The Referee shall, in case where he deems that if and when the said contestant violates again, it would subject him to a "Loss by Violation of Rules", warn him to the same effect.

JUDGMENT OF THE MATCH

Article 29. Judgment of "Ippon" (one point) shall be made on the basis of the following conditions:

A. Nage-waza (throwing technique):
(1) When a contestant applying a technique, or countering his opponent's attacking technique, throws down his opponent on to his back with sufficient force;
(2) When a contestant skillfully lifts his opponent, who is lying with his back on the floor, up to about
the height of his own shoulders.

B. Katame-waza (grappling technique):

(1) When the opponent of a contestant says "Maitta" ("I give up" or "I give in"), or taps his or his opponent's body or the mat, with his hand or foot twice or more;

(2) In the case of "Osae-komi" (holding), when the opponent cannot break the hold within 30 seconds after the announcement of "Osae-komi"; provided, however, that as long as the contestant holds his opponent under his control, the "Osae-komi" shall be regarded as continuous even though the technique of holding is changed;

(3) In the case of "Shime-waza" (strangling techniques) and "Kansetsu-waza" (bone locks), when the effect of the technique is sufficiently apparent.

Article 30. Judgement of "Waza-ari" (half-point) shall be made on the basis of the following conditions:

A. In the case of "Nage-waza" (throwing technique), when a contestant throws his opponent in good form which merits closely "Ippon" (one point) but not to the extent of scoring a complete "Ippon";

B. In the case of "Osae-komi-waza" (holding technique), when a contestant holds his opponent successfully for more than 25 seconds; however, should the contestant who has already scored "Waza-ari" secure "Osae-komi" in the same contest, it shall only be necessary for him to hold for 25 seconds to obtain a full point or "Ippon".

Article 31. Judgment of "Yusui-gachi" (win by superiority) shall be made on the basis of the following conditions:

A. When a contestant was awarded a "Waza-ari" or displayed a technique close to a "Waza-ari"; provided, however, even if he had scored a "Waza-ari", the contestant shall not necessarily be awarded "Yusui-gachi", if he stalled throughout the match;

B. The two contestants' attitude in the contest, their skill in techniques, the existence of violation of rules in their acts and other conditions shall be compared, in the case of lack of decisive counts for the Judgement on the basis of the results of techniques in accordance with the preceding paragraph A.

Article 32. Judgment of "Hikiwake" (draw) shall be made on the basis of the following conditions:

A. When no result is reached in a contest within the regulation limit of time;

B. When the superiority or inferiority of the two contestants can not be judged.

Article 33. Judgment of "Hansoku-make" (loss by violation of rules) shall be made on the basis of the following conditions:

A. When a contestant violates any one of the major items of the prohibited acts such as techniques or actions which are dangerous to the person of the opponent or, remarks or gestures which might be prejudicial to the spirit of Judo;

B. When a contestant violates any one of the prohibited acts repeatedly in disregard of the warnings given by the Referee.

Article 34. When a contestant waives a contest, the opponent shall be judged as "Fusen-gachi" or "Fusen-sho" (win by default).

Article 35. In the event that a contestant cannot continue the contest because of injury, accident or attack of illness, the Referee shall, after consultation with the Judges, judge the result of the contest on the basis of the following conditions:

A. In the cases of injury:

(1) When the cause of a contestant's injury is his own carelessness, the injured shall be the loser;

(2) When the cause of contestant's injury is his opponent's fault.
ponent's carelessness, the opponent shall be the loser;
(3) When the cause of contestant's injury is judged
that neither one of the contestants can be held re-
ponsible, the result of the contest shall be judged
as "Hikiwake" (draw);
B. When the contestants cannot continue a contest be-
cause of an accident, the result of the contest shall, as
a rule, be judged as "Hikiwake" (draw);
C. When a contest cannot continue a contest because of
an attack of illness, the attacked shall, as a rule, be
the loser.

Article 36. Any situations not covered by these rules
shall be decided in consultation by all Referees and Judges
concerned.

Note:—In the event of a disagreement between the ori-
ignal Japanese text of these rules and any translation
thereof, regardless of the languages used, or any am-
biguity in any such translation, the Japanese text
shall prevail.

APPENDICES
A. "Tatami". The accepted "Tatami" or Judo-mat
shall answer to the following description:—
Size: 3' x 6' x 2/3" that is, about 2 1/2 inches thick and
nearly 3 feet wide by 6 feet long.
Manufactrue (Method of): In order to provide addition-
al strength to the "Tatami" or Judo-mat which is
made of "I-omote" (grass matting or rush matting)
and "Toko" (rice-straw padding), single stitches of
hemp or linen string shall be woven through the ma-
terial of the mat, 14 lines lengthwise and 33-35 stitches
in a line.
Padding: To make a piece of padding, about 50-55
pounds of rice straw shall be pressed to a thickness of
about 2 1/2 inches and single stitches of hemp or linen
string shall be woven through the material of the padd-
ing, so that the stitches shall be 28 lines lengthwise on
the back and 56 lines sidewise on the top.
B. "Judo-gi". The accepted "Judo-gi" or Judo costume
which comprises a jacket or coat, trousers, and belt or sash
shall follow this description:—
Jacket: The entire jacket shall be of two layers of cot-
ton material. In order to provide additional strength
to the jacket, double stitches of cotton string shall be
woven through the material of the jacket, covering the
entire upper half of the garment, both front and back,
from the neck to the waist. The sleeves of the jacket
shall also be woven in this manner.

From the waistline to the bottom of the jacket, both
front and back, shall be woven in a small, diamond-
shaped design. The size of each diamond shall be ap-
proximately two inches by three inches. This design
shall be woven with the same cotton string in double,
in order to provide further stability to the jacket.

From the bottom of the right side of the jacket, up
the right side, around the back of the neck and
down the left side of the jacket to the bottom of the
left side, shall run a continuous lapel which shall be
made of cotton canvas and shall be stitched to the
body of the jacket with five lines of stitching by ma-
chine. The lapel shall be approximately two inches
wide, the outside 3/4" to be filled with cotton canvas
padding in order to provide strength for the lapel.

A rectangle of extra heavy stitching which shall be
approximately two inches by five inches shall be woven
into each armpit of the jacket in order to prevent
opening of seams and deterioration by perspiration.

There shall be a slit of approximately seven inches
up each side of the jacket, in order to prevent the jacket
binding the hips when the contestant is moving.
Trousers: The trousers with binding straps shall be made of single cotton fabric, either woven through the material with cotton string in a small, diamond-shaped design or unwoven.

Belt: The belt shall be made of cotton fabric and cotton canvas padding, about 1½ inches wide and 8 or 9 feet long to enable it to be wound twice around the contestant’s waist and tied in a double knot in front, and shall be woven through the material with 8-10 lines of stitching by machine.

Remarks:—In case such “Tatami” and/or “Judo-gi” as mentioned above are not readily available, it is permissible to make shift with any mat and/or costume which may be available, if suitable for Judo contest; provided, however, that as to the costume, it shall conform to the provisions (items a, b, c & d) of Article 2 of these Contest Rules of the Kodokan Judo.